

National bodybuilding competitors
Lesa McCoy and Tim Fernandez
will be posing at Flex Gym!

Tim Fernandez and Lesa McCoy

See their mandatory poses and competitive routines!

**Wednesday,
November 9th, 2011
@ 6:30 p.m.**



Tim will continue his quest for his Pro Card at the NPC Nationals November 19th in Miami.



Lesa will be posing at a competition in Portsmouth November 5th.

**Join us for a “question and answer” session
following the posing!**



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